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NEWS WORTH SHARING.

In the mood for love

How to go offline and chat up a stranger in the real world. Page 16

BYE-BYE, GARDENS

CP workers overturn gardens along the Arbutus corridor on Aug. 14, 2014. Following a recent decision by the B.C. Supreme Court, CP Rail will resume clearing its rail and right-of-way along the Arbutus corridor. The work will begin Tuesday and is expected to take about four weeks. Story, page 4. JENNIFER GAUTHIER/FOR METRO

Panhandler rebukes Tim Hortons owner

Reaction. Spokeswoman says owner is regretful, planning apology and charitable donation after water reportedly dumped on homeless man

A man panhandling outside a downtown Vancouver Tim Hortons says the restaurant's owner could have taken better measures than reportedly tossing water to remove a homeless man snoozing outside the store.

"You could ask the cops to come out and remove him if he's sleeping out here all the time," said Les Quechueq, formerly homeless himself, while kneeling outside the centrally located coffee shop.

"You (could) ask the city to come out and take care of it, instead of you going out and being a vigilante and throwing water on him. You can't do that."

The incident on Friday went public after bystanders wrote what they saw on social media.

Arianne Summach, 24, heard about what happened from a friend who works across the street and expressed her disgust in a Facebook post.

She wrote that the owner poured a large bucket of water on and underneath the man, his dog and all of his belongings, including his cardboard bed, while he was sleeping outside.

Summach's post urging a boycott of that restaurant was shared more than 4,000 times.

Tim Hortons spokeswoman Michelle Robichaud said the owner's "regretful" behaviour happened in "a moment of frustration," adding the owner is committed to making a personal apology.

The owner will also donate to the Belkin House, a nearby shelter.

A manager at the restaurant said the owner was not available and declined comment.

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East Abbotsford

22-year-old arrested at 14-year-old's 'out of control' party

Abbotsford police are investigating a violent escapade at an "out of control" house party thrown by a 14-year-old boy when his parents went out for the evening on Friday.

Police were called to the East Abbotsford home just after midnight when neighbours reported someone had seemingly been stabbed, Const. Ian MacDonald said Monday.

"The 14-year-old party host told us that things just basically got out of control," MacDonald said.

Partygoers dispersed pretty quickly when police arrived, but officers were able to detain and arrest a 22-year-old man who allegedly walked through the party with a knife in his hand and struck some of the younger guests, MacDonald said.

A 14-year-old boy with injuries to his face was transported to hospital, where he underwent imaging to screen for further damage.

Of the up to 40 guests at the party, many were 17 to 22 years old, MacDonald said. The host didn't know most of them.

"Most concerning, apart from the assaults, was the large amount of liquor consumption," MacDonald said. "Many of the people there were not only underage, but it was essentially a mixer with 14- and 22-year-olds."

Investigators are asking witnesses to the alleged assaults to come forward and speak to police. EMILY JACKSON/METRO

Visitors cross the Capilano Suspension Bridge in 2014. The low Canadian dollar is expected to give local tourism a big boost. JONATHAN HAYWARD/THE CANADIAN PRESS

Low dollar good for Vancouver tourism

Economy. Canada the top international destination in 2015 for Americans: Poll

MATT KIELTYKA
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Vancouver's tourism industry is expecting a big boost from United States visitors if the Canadian dollar maintains its current value.

With the loonie sitting at $0.80 US on Sunday, Charles Gauthier, president of the Downtown Vancouver Business Improvement Association, says local hotels and restaurants have already seen two strong months of cross-border business.

Several border crossings into B.C. have already seen double-digit percentage increases over the same period in 2014, and an Insights West poll released Friday suggests Canada is the top international destination for American tourists in 2015.

At the same time, Gauthier said the low Canadian dollar could also encourage more Canadians to travel within the country, translating into more money spent at local retail outlets and restaurants.

"That's certainly good news for Vancouver," said Gauthier. "Anecdotally, we're hearing from several restaurants that there's been an increase in Americans. Retailers are quite excited about the year."

Grouse Mountain spokeswoman Jacqueline Blackwell said the bulk of its international visitors come during the summer to ride the gondola, take in aerial views of the city, hike the Grind or fly across its zip lines.

A significant portion of those out-of-country tourists are already Americans, but she expects to see a boost in business from south of the border for the coming year, which will help offset a difficult winter season so far for local ski hills.

According to the Insights West poll, 29 per cent of Americans are most likely to visit Canada as their next international destination, ahead of Mexico (28 per cent), Italy (27), England (24) and France (23).

Ontario, British Columbia and Quebec are regarded as the top destinations.

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CP to continue clearing Arbutus corridor

Court. City attempted to halt railway's work on the land; judge dismissed the effort

The reprieve is over for the gardens along the Arbutus corridor.

Armed with a blessing from the B.C. Supreme Court, CP Rail will resume clearing the land on Tuesday, according to a letter sent to residents this weekend.

The city attempted to halt CP's work on the corridor, which has been taken over by gardeners, cyclists and pedestrians since the last train ran on the line in 2001, but on Jan. 20 the judge dismissed the city's efforts to save the greenway.

CP owns the land and has the right to operate on it as it sees fit within regulations, the judge ruled.

Brush cutting and removal of encroachments will resume at West 70th Avenue and proceed north in a process that will take about four weeks, wrote Mike LoVecchio, CP's western director of government affairs.

"It is neither safe nor legal for anyone to use CP's land along the Arbutus corridor as a commuter route (walking, running, cycling), for storing personal goods or for gardening (planting or removal)," LoVecchio wrote.

CP first took bulldozers to the gardens in August while defeated residents watched their veggies get unceremoniously uprooted.

EMILY JACKSON/METRO

CP workers overturn gardens along the Arbutus corridor on Aug. 14, 2014. CP Rail will resume clearing the land on Tuesday. JENNIFER GAUTHIER/METRO

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Robson Street. Indigo CEO to host town hall at closing Chapters

Book lovers who don't want Chapters to move from Robson Street in downtown Vancouver will get the chance to air their grievances directly with the company's CEO.

Indigo CEO Heather Reisman will host a town hall at the location on Feb. 23 to discuss the store's closure, which the company announced last month. It blamed the move from the high-profile downtown location on a hefty rent increase that it isn't willing to pay.

Reisman will discuss the company's plans to open another store downtown and answer questions submitted ahead of time as well as questions from the audience, Indigo public-relations manager Katie Gregory wrote in an email Monday.

"Chapters Robson is a wonderfully vibrant store with a loyal customer base," Gregory wrote. "Our aim is to be transparent and open with our customers."

Retail space on Robson Street, especially near Burrard, is among the most expensive in Canada. Demand for the location is expected to rise with upscale U.S. department store Nordstrom moving in down the street in fall 2015, according to local real-estate experts.

Chapters Robson is slated to close on June 30.

EMILY JACKSON/METRO

People pass in front of the Chapters store at Robson and Howe streets in Vancouver on Jan. 19. Indigo Books & Music Inc. announced the location will close on June 30. THE CANADIAN PRESS

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Warm weather disappoints Family Day skiers

Slopes. Operators holding on to hope that season can be salvaged

MATT KIELTYKA
matt.kieltyka@metronews.ca

Without Mother Nature's co-operation, the February long weekend wasn't a memorable one for local skiers.

Crews at Grouse and Cypress mountains scrambled to keep a limited number of runs open on Monday, while Mount Seymour had no runs operating during a disappointing Family Day for powder hounds.

Light rain and hillside temperatures above 4 C compounded to what has been a miserable ski season to date.

The two North Shore mountains that did have runs open were offering discounted lift tickets of up to 50 per cent to draw in visitors.

"Our crews have literally moved mountains to ensure terrain stays open," said Jacqueline Blackwell, spokeswoman for Grouse Mountain, referring to the relocation of snow to in-service runs.

While the chalet and ice rink were fairly busy, operators are still holding out hope that the season can be salvaged.

Warm temperatures have severely impacted business on the south coast and other areas of the province this year.

Vancouver Island's Mount Washington is the most extreme example. Effective Monday, the resort announced it would be suspending its winter operations until further notice.

Whistler fared better, with 14 centimetres of new snow over the weekend and all of its runs remaining open.

Local ski hills, such as this one at Cypress Mountain, have suffered with little to no snow this winter due to warm temperatures and rain. THE CANADIAN PRESS

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B.C.'s balanced budget 'the envy of every other province': De Jong

British Columbia politicians return to the legislature Tuesday for a 12-week session highlighted by a budget that is the "envy" of all other Canadian provinces, said Finance Minister Mike de Jong.

But the Opposition NDP is predicting a budget that will pinch away funds from the taxpayer through hikes in premiums and fees.

De Jong, who's also the Liberal government's house leader, said the budget he'll present on Feb. 17 includes a surplus higher than the $444 million he forecasted last fall, but the extra cash still doesn't bring huge opportunities for spending.

While other Canadian governments are grappling just to cover costs, de Jong said the B.C. government intends to devote some of the surplus to paying down debt incurred during the global economic downturn dating back to 2008.

"Fiscally, we are virtually the envy of every other province," said de Jong.

During the downturn, B.C. ran four consecutive deficit budgets. The provincial debt is now at about $61 billion.

Quoted

"The difficulty in achieving balance and a surplus is revealed in the fact virtually no one else is able to do it." Finance Minister Mike de Jong

De Jong said B.C. is likely the only province in Canada tabling a balanced budget this year, an accomplishment he attributed to economic diversity and spending discipline.

"The difficulty in achieving balance and a surplus is revealed in the fact virtually no one else is able to do it," he said.

"At the same time that doesn't leave us a lot of room to provide additional tax relief."

New Democrat House Leader Mike Farnworth said the Opposition will comb through the budget to find what it suspects will be increases in fees and premiums.

"Apart from the budget bills, we don't seem to get a sense of any real direction from the government right now," he said.

Lt.-Gov. Judith Guichon will read the speech from the throne on Tuesday, outlining the government agenda for the spring sitting.

De Jong said the government will introduce up to 20 pieces of legislation that will remove impediments to growth, modernize statutes and add to the liquefied-natural-gas (LNG) legislation adopted last fall.

The government's LNG legislation set an income-tax structure and environmental standards for the industry, which the government is banking on providing massive economic revenues, but has yet to see one of the 18 prospective proposals to build LNG export facilities reach the starting phase.

THE CANADIAN PRESS

City looks to regulate dispensaries as frustrations continue with feds

Medical marijuana. Number of storefront operations has grown exponentially with little police interference

When Dana Larsen opened a medical marijuana dispensary in Vancouver's east side in 2008, he was more than a little nervous about what could happen.

There were already a handful of other storefront operations in the city openly defying federal drug laws by selling marijuana, hash and other cannabis products to customers claiming a medical need. But it still wasn't clear how long police and the local government would allow that to continue.

Police never came. And in the intervening six and a half years, the number of dispensaries in Vancouver has exploded, with at least 60 operating in all corners of the city with relatively little interference from law enforcement.

"There has been no big outcry," says Larsen, a prominent marijuana advocate who is also vice-president of the Canadian Association of Medical Cannabis Dispensaries.

"If people were protesting our dispensaries and complaining and demanding something be done, maybe (the police would intervene). But dispensaries get very few complaints and raids against dispensaries get a lot of complaints."

In fact, rather than shutting dispensaries down, officials in Vancouver are doing just the opposite, investigating how the city can regulate an industry that has until now existed in a grey area of the law.

Vancouver Coun. Kerry Jang says the city has run out of patience with the federal government, which has ruled out legitimizing dispensaries.

Jang recently asked municipal staff to determine whether dispensaries can be zoned as pharmacies, which would give the city the ability to directly oversee such operations and control their growth.

Medical marijuana is weighed at the Dispensary in Vancouver last Wednesday. JONATHAN HAYWARD/THE CANADIAN PRESS

"If we did that, we would be actually starting to regulate the number of dispensaries per street, their location, the same way we do with a regular pharmacy," says Jang, who teaches psychiatry at the University of British Columbia's medical school.

"The concerns are the same, especially for pharmacies that dispense methadone."

Vancouver's first medical marijuana dispensary opened more than a decade ago, and for years there were fewer than half a dozen in the city. Recently, however, that number has grown exponentially, particularly in the past year.

In comparison, the Canadian Association of Medical Cannabis Dispensaries says it knows of about 35 such facilities elsewhere in B.C., and just 20 in the rest of the country, mostly in Ontario and Quebec.

THE CANADIAN PRESS

New trial ordered for man accused of exaggerating by judge

Three justices of the B.C. Court of Appeal have rejected a trial judge's finding that a Vancouver pedestrian struck crossing the street exaggerated his claim of how far he was thrown upon impact.

At trial, B.C. Supreme Court Justice Kenneth Ball found that the injured pedestrian, Douglas Healey, fabricated the distance he flew forward after being struck by a vehicle.

The accident occurred in early December 2005, at the intersection of 41st Avenue and Clarendon Street.

Healey was walking southbound across 41st Avenue in a marked crosswalk with a green light. He was struck by a vehicle driven by Sun Chung.

The trial judge pointed out that Healey told doctors that when he was hit by the car, he flew forward 30 to 40 feet.

However, a witness to the accident testified Healey "went maybe five to eight feet in the air" and landed about 10 feet from where he was struck.

The Appeal Court justices noted the trial judge's finding that Healey fabricated his evidence was an error because the evidence was misapprehended.

"Mr. Healey never professed to recall the details of the accident, and attributed his knowledge of the event to what he was told by others," Appeal Court Justice Mary Saunders said in written reasons.

"It was certainly open to the judge to accept the independent witness's account and it was open to say the medical expert opinions were unreliable to the extent they relied on the greater travel distance to support the physical injuries alleged at trial. However, it was not open, given Mr. Healey's evidence of the source of his version of the accident, to discount Mr. Healey's reports to doctors as exaggeration."

The Appeal Court also found that the trial judge misapprehended evidence relating to Healey's employment and lost income, and in considering the issue of mitigation of damages.

At trial, Healey had sought more than $485,000 for his injuries, including a significant sum for future loss of income. Instead, he was awarded $50,652.

The Appeal Court allowed Healey's appeal and sent the matter back to B.C. Supreme Court for a new trial.

NEAL HALL/FOR METRO

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Education. Harper halts movement on reforms, but funds in limbo: AFN chief

The new national chief of the Assembly of First Nations says Prime Minister Stephen Harper personally told him that the Conservative government will not move ahead with its controversial overhaul of aboriginal education.

That raises a big question mark over what happens to the $1.9 billion tied to the original bill, which has been in limbo since last spring when chiefs from across Canada flatly rejected its proposed reforms to First Nations education.

Perry Bellegarde said he asked Harper on Jan. 28 not to "re-profile" the money — in other words, not to use funds set aside for First Nations education in last year's budget for another purpose — but added that he did not leave his meeting with the prime minister with a sense of optimism about the education money.

Bellegarde warned of the message it would send to First Nations if the government decides to reassign the education funding.

"It would signal that they're not in touch with communities, not in touch with the needs and basically putting First Nations issues to the side when it comes to education." THE CANADIAN PRESS

Lawsuit

Aboriginals who were adopted into white families during the so-called '60s Scoop are suing the federal government for their loss of culture and emotional trauma. Almost 1,200 adoptees have filed a class-action lawsuit seeking compensation from Ottawa.

Egypt. Fahmy's family launches online campaign

The family of a Canadian journalist languishing in an Egyptian prison launched an online campaign Monday, urging Prime Minister Stephen Harper to intervene in the case of Mohamed Fahmy.

Fahmy's family called on supporters to use the hashtag "HarperCallEgypt" in their efforts to encourage the prime minister to urgently lobby for the 40-year-old's release this week.

The initiative came a day after Egyptian authorities announced a date for Fahmy's retrial — a move that shocked him and his family, who had previously been told by then-foreign affairs minister John Baird that his release was "imminent."

The new trial is expected to begin on Thursday, and Fahmy's family said they are "extremely worried" that his release could be delayed indefinitely.

"We're just in shock. We don't understand how this happened and why," Fahmy's brother, Adel Fahmy, told The Canadian Press. "Why does my brother have to go through all this torment?"

A spokeswoman for Lynne Yelich, junior minister responsible for consular affairs, said Prime Minister Harper has "personally" raised Fahmy's case with the highest level of the Egyptian leadership. THE CANADIAN PRESS

Former Conservative MP Eve Adams, left, was joined by Liberal Leader Justin Trudeau as she announced on Monday in Ottawa that she is leaving the Conservative Party to join the Liberals. JUSTIN TANG/THE CANADIAN PRESS

Ontario MP calls Tories 'fear-mongers and bullies'

Federal politics. Former Tory MP Eve Adams crossed the floor Monday to join Liberals

Justin Trudeau's Liberals scored a two-fer Monday.

Toronto-area Conservative MP Eve Adams crossed the floor to sit with the Liberals.

And her surprise defection had the full support of her fiancé, former top Conservative operative Dimitri Soudas — long considered one of Stephen Harper's fiercest loyalists and an architect of the Tories' re-election strategy for 2015.

Within hours, Soudas made it clear he's prepared to use his inside knowledge of the Conservatives against them.

"Mike, stand down on throwing stones from glass houses," he tweeted in response to what he considered a jab at Adams from Edmonton Tory MP Mike Lake.

"What did you ask me to do again?"

Conservatives cast Adams' decision as opportunism by a woman spurned by the governing party. Party president John Walsh said Adams previously asked about running in another riding after the party barred her last summer from running in Oakville North-Burlington. But Adams and Trudeau cast her move as a matter of principle.

"This is not about having a tough day at the office; everybody has grumpy bosses from time to time," Adams said.

"This is about the fact that my values simply don't align with this (Conservative) team, and I'd like to continue serving Canadians."

Trudeau noted that she continued to serve as a parliamentary secretary to the health minister right up until she resigned Monday. Parliamentary secretaries are appointed by the prime minister and are one rung down from cabinet.

"I can no longer support mean-spirited leadership that divides people instead of bringing them together. We need a kind, generous and strong leadership that champions a shared vision for how to make Canada work for everyone. I want to work with someone who inspires, not with fear-mongers and bullies."

However, NDP Leader Tom Mulcair accused Trudeau of "stoking cynicism" about politics by welcoming an MP who, until Monday, had supported "every single decision" taken by Harper for the past nine years. THE CANADIAN PRESS

Cabinet shuffle

Jason Kenney took charge of the defence portfolio Monday in a cabinet shuffle.

- Rob Nicholson took over foreign affairs, and Pierre Poilievre will take over Kenney's former job as minister of employment and social development.

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Australia

Japanese surfer dies following shark attack

A Japanese national was killed Monday after a shark tore off his legs while he was surfing off Australia's east coast, officials said.

The 41-year-old man was sitting on his board waiting for a wave when the shark came up behind him and grabbed the back of the board and the man's legs in its mouth, said David Wright, mayor of the New South Wales town of Ballina, where the attack occurred.

The man's friends, who had been surfing alongside him, rushed him to shore, where they tried to stop the bleeding with tourniquets and performed CPR.

"But because both legs were gone, he bled to death very quickly," Wright said. THE ASSOCIATED PRESS

China

Exonerated man's parents watch killer's conviction

The parents of a man executed for murder and rape and then posthumously exonerated 18 years later watched Monday as a court in northern China convicted and sentenced another man for those crimes, according to state media.

The Hohhot Intermediate People's Court in Inner Mongolia said in a statement it had convicted serial killer and rapist Zhao Zhihong of murder and rape and sentenced him to death.

The official Xinhua News Agency reported those charges referred to the murder of 10 people and the rape of 13 women and girls between April 1996 and July 2005, including a 1996 rape and murder of a woman in a cotton mill. THE ASSOCIATED PRESS

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Top U.S. court allows Ala. gay marriage

LGBTQ rights. State's order comes as the Supreme Court prepares to make a countrywide decision by late June

The U.S. Supreme Court refused to block same-sex marriages in Alabama on Monday, an order one dissenting justice said is a signal his colleagues have decided gay and lesbian couples have a right to marry in the U.S.

Alabama, one of the country's most conservative states, began issuing marriage licences to same-sex couples promptly after the Supreme Court let a hold that a federal judge had placed on gay marriages expire.

The Alabama order comes as the Supreme Court heads toward a potentially historic, countrywide ruling on the divisive social issue. Last month, the high court announced it would hear arguments on whether gay couples have a right to marry in the United States. A decision is expected by late June.

In a dissenting opinion, conservative Justice Clarence Thomas criticized his colleagues for refusing to block same-sex marriages in Alabama until the high court resolves the issue nationally.

Thomas said the court's Alabama order is a signal that the justices already have decided they will declare that same-sex couples have a right to marry under the Constitution.

Alabama became the 37th U.S. state where gays can legally wed. Same-sex matrimony is now banned in only 13 of the 50 states.

The state's Chief Justice Roy Moore had made an 11th-hour attempt to block the weddings, ordering all probate judges to refuse to issue licences. THE ASSOCIATED PRESS

Shawn Williams and Justin Lewis kiss after being married by Angela Farmer in front of the Lee County Courthouse in Opelika, Ala., on Monday, despite state Chief Justice Roy Moore's last-minute bid to block same-sex marriages in Alabama. TODD J. VAN EMST/OPELIKA-AUBURN NEWS/THE ASSOCIATED PRESS

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German Chancellor Angela Merkel listens as U.S. President Barack Obama speaks during their joint news conference in the East Room of the White House in Washington on Monday. EVAN VUCCI/THE ASSOCIATED PRESS

Obama, Merkel unified in Ukraine peace plan

Foreign affairs. While Obama mulls defensively arming Ukrainian forces, Merkel stands strong in non-military approach

U.S. President Barack Obama and German Chancellor Angela Merkel declared Monday that Russian aggression in Ukraine has only reinforced the unity of the U.S. and Europe, as they weighed the prospects of reviving an elusive peace plan to end the conflict.

Still, Obama held open the prospect that if a new round of diplomacy this week fails, the U.S. could send Ukraine's beleaguered military defensive weaponry. Merkel and other European leaders staunchly oppose arming Ukraine, in part out of fear of sparking a proxy war with Russia.

The U.S. and Europe have largely been in agreement on their response to the conflict between Russia and Ukraine, raising the prospect that a public split over lethal aid is a tactic to push Russian President Vladimir Putin to agree to a peace plan.

During a joint White House news conference with Obama, Merkel reaffirmed that she sees no military solution to the fighting in eastern Ukraine. However, she added that no matter what Obama decides, "the alliance between the United States and Europe will continue to stand."

Merkel and French President Francois Hollande met with Putin and Ukrainian leaders last week and announced a new summit meeting for Wednesday in Minsk, Belarus.

Merkel, who has perhaps the most productive relationship with Putin of any Western leader, said reaching a diplomatic agreement was crucial to keeping the peace in Europe.

"I myself actually would not be able to live without having made this attempt," she said through a translator.

More than 5,300 people have been killed since fighting in eastern Ukraine began in April, according to a UN tally.

Obama gave no indication of how quickly he would make a decision on increasing military assistance to Ukraine.

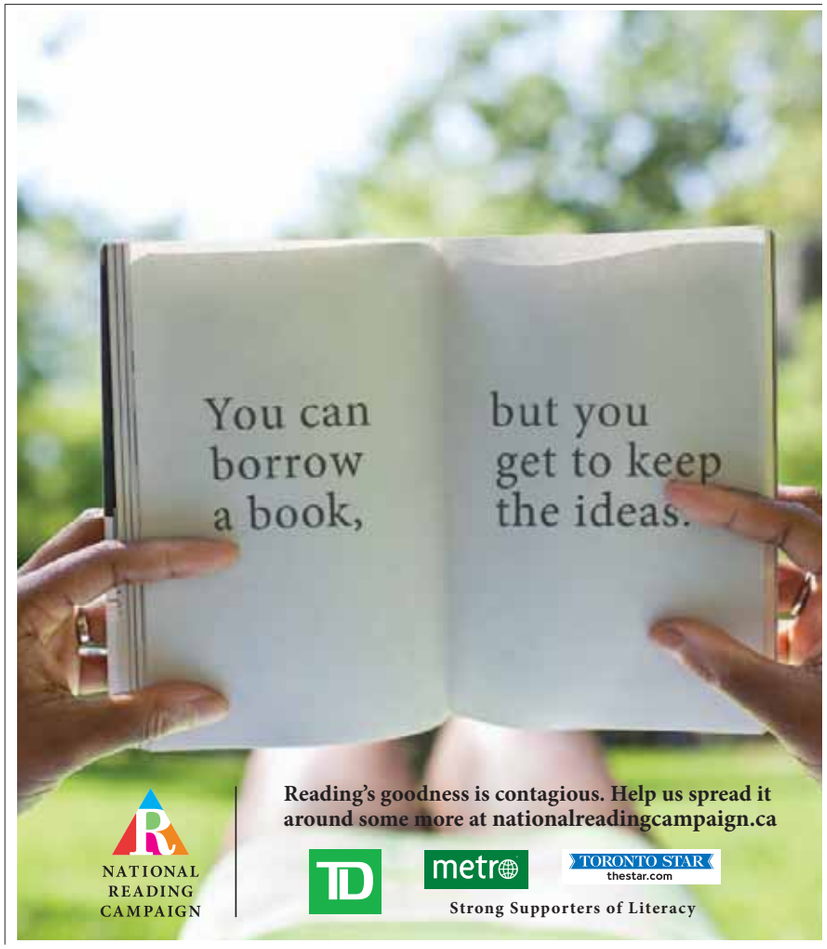
THE ASSOCIATED PRESS

Stephen Harper

Merkel stops in Ottawa

German Chancellor Angela Merkel met with Prime Minister Stephen Harper for 45 minutes Monday evening following a meeting with U.S. President Barack Obama earlier in the day.

Merkel said she is leaving North America with the support of both the U.S. and Canada to back a peaceful, diplomatic resolution to end the ongoing hostilities in east Ukraine. THE CANADIAN PRESS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Micro condos to face first test, experts say

Investment units. Sales of 3,000 shoebox apartments in Toronto nearing completion could spur developers to build more to satisfy demand from investors

The appeal of so-called shoebox condos — no larger than the size of two average living rooms — will face its first real test in Canada this year, with an influx of the compact homes set to hit the country's largest real-estate market.

Investors are betting on big returns from young renters who can't afford to buy in the red-hot real-estate market and don't mind living in a unit about 500 square feet, where their dining table might have to fold down into a bed.

Although developers are pitching micro condos as an affordable entry point into the market, brokers say it's mostly investors — catering to a demographic of young professionals increasingly flocking to the downtown core — that's driving demand.

A rendering of a micro loft in Vancouver. Reliance Properties restored the former single occupancy hotel into rental units with an average size of 265 square feet. COURTESY RELIANCE PROPERTIES/THE CANADIAN PRESS

Micro suites tend to fetch higher rents per square foot than larger units, as many renters are willing to live in a slightly smaller space in order to save a bit on costs and live closer to the city core.

Shaun Hildebrand, vice-president of condo research firm Urbanation, says condos under 500 square feet can bring in well over $3 per square foot, while the rest of the market averages around $2.50 or $2.60.

There are nearly 3,000 micro condo units under construction in Toronto that are slated to be completed this year, Hildebrand says. If investors snatch them up, that could spur developers to build more of the micro units to satisfy demand from investors.

The challenge comes in securing a mortgage for the micro units. Brokers say Canada's five biggest banks are hesitant to provide financing for units below a certain minimum square footage, concerned that investors will sell off the properties if the housing market starts to slide. THE CANADIAN PRESS

Online entertainment

Netflix launches service in Cuba

Netflix is launching its movie and TV show streaming service in Cuba as credit and debit cards become more widely available. Only 27 per cent of Cuba's population has access to the Internet, but Netflix is banking on more people getting Internet access as the U.S. eases sanctions against Cuba. Netflix is working on international expansion and hopes to be in 200 countries by end of next year. THE ASSOCIATED PRESS

Market Minute

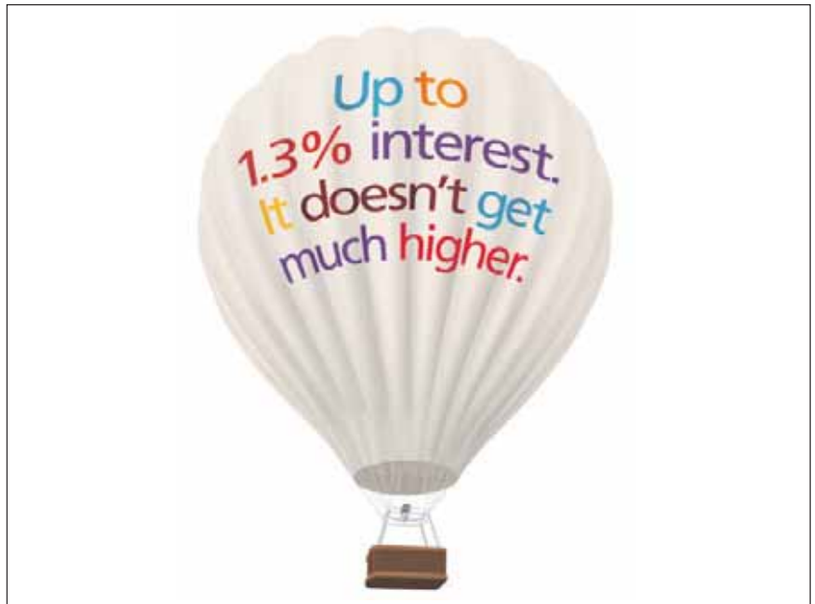
DOLLAR 80.22¢ (+0.37¢)

TSX 15,100.70 (+16.78)

OIL $52.86 US (+$1.17)

GOLD $1,241.50 US (+$6.90)

Natural gas: $2.597 (+1.8¢)
Dow Jones: 17,729.21 (-95.08)



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Toys for boys plays well for Hasbro

The appetite for superheroes and robots in disguise, such as Transformers, led to a healthy fourth quarter at Hasbro, even as a shift toward electronics has challenged the traditional toy industry. Hasbro said Monday that sales of toys geared toward boys increased 21 per cent while sales of toys for girls fell 10 per cent. THE ASSOCIATED PRESS FILE

HSBC's Swiss branch helped rich dodge taxes: Documents

HSBC's Swiss private bank hid millions of dollars for drug traffickers, arms dealers and celebrities around the world as it colluded to help them dodge taxes, according to a report based on leaked documents that lifts the veil on the country's banking secrecy.

The report, published Monday, suggests the bank, which is based in London but has operations globally, not only turned a blind eye to the illegal activities of its clients but actively helped them avoid taxes.

A former HSBC employee-turned-whistleblower, Herve Falciani, gave the data to French tax authorities in 2008. France shared it with other governments and launched investigations. The French newspaper Le Monde obtained a version of the data and shared the material with the International Consortium of Investigative Journalists, which analyzed the material together with The Guardian and the BBC in Britain.

The leaked documents, which mainly cover the years 2005 to 2007, relate to accounts worth $100 billion US held by more than 100,000 people and legal entities from 200 countries.

HSBC, which is based in London but has operations globally, served those close to the regimes of former Egyptian president Hosni Mubarak, former Tunisian leader Ben Ali and Syria's Bashar Assad.

HSBC stressed that the documents were from eight years ago and said it has since implemented initiatives designed to prevent its banking services from being used to evade taxes or launder money.

Franco Morra, CEO of HSBC's Swiss subsidiary, said the new management had shut down accounts from clients who "did not meet our high standards."

"These disclosures … are a reminder that the old business model of Swiss private banking is no longer acceptable," he said in a statement. THE ASSOCIATED PRESS

Clients

The International Consortium of Investigative Journalists said clients included former and current politicians from Britain, Russia, Ukraine, Kenya, India, Mexico, Lebanon, the Democratic Republic of the Congo, Zimbabwe and Algeria.

VOICES

TRANSIT SAFETY IS WHAT WE MAKE IT

Most of our interactions with others are not governed by hard rules, but our own decisions. Let's make sure our behavior matches our values

YOUR RIDE
Karen Quinn Fung

Safety for transit is different compared to travel modes like cycling, driving and walking, because it relies primarily on direct negotiation with other people.

Sure, vehicle operators, staff, and transit police officers are involved too — but the majority of our time is spent in give-and-take with other riders. Our interactions don't get to be mediated by things like lights, road rules or lane markings.

The fragility of our social contract is most keenly felt on transit. Are we flexible or unforgiving? Making or avoiding eye contact? These matter for all modes, but their impact is intensified in transit by virtue of the length of our journeys and closer confines.

Last week, Transit Police and the Surrey Crime Prevention Society (SCPS) announced a collaboration on a pilot program. The program, Transit Watch, adapts the SCPS's existing volunteer patrol activities for public transit spaces — mostly Surrey's four SkyTrain stations and the Newton bus loop. Transit Police are contributing training, radios and high-viz gear, travel expenses, and funding for the program's part-time coordinators.

The volunteer patrollers at SCPS, doing the work of being visible, ready and reactive, are to be praised for their willingness to do service for their community. Their participation in the pilot program equips them with resources and obligations.

Vancouver police check fares at the Vancouver City Centre SkyTrain station. Transit Police and the Surrey Crime Prevention Society are teaming up for a pilot program. ERIC DREGGER/THE CANADIAN PRESS

But they are not unique. We all have the capacity to be there for transit riders when they need someone, just as they can be for us. In some cases, we may be their only hope — as in the case of a Montreal man who died on a train platform this January. He might have lived if the bystander effect had not kept riders from helping him that evening.

That social contract can be strained to the point of crisis. Those are the times when you hope Transit Police will have your back. It is heartbreaking for all of us if it turns out they can't or don't.

We need our Transit Police to fully walk their talk. Not just learning, deeply, about the diversity of transit users they serve, and our values towards our fellow community members using transit — but demonstrating that in their everyday policing practices.

That means acting with curiosity and sensitivity to those experiencing gender-based harassment; understanding the challenges faced by undocumented immigrants who depend on transit; and exemplifying compassion for those grappling with mental illness or other challenges.

For Transit Police: Please continue building partnerships with community-based groups, so that we might all better understand how you can step up for us the way we need you to.

And for transit users: Let's step up where we are and extend our values into transit. We're making it what we want it to be.

DO YOU HAVE A TRANSIT IDEA?
Shoot us an email:
vancouver@metronews.ca

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

Doctor-assisted suicide

With the Supreme Court striking down Canada's ban on doctor-assisted suicide, the country has one year to write a new law. Two affected parties share their take:

THOSE SUFFERING GIVEN A CHOICE

WANDA MORRIS
readers@metronews.ca

Every year, thousands of Canadians die under horrific circumstances, suffering prolonged pain and anguish until the very end.

Improved palliative care would help many. But for others, the relief they seek is only possible with physician-assisted dying (defined as prescribing or administering medication with the intention of ending a patient's life).

We hear too many stories about those who end their lives violently or prematurely because they can't count on assistance when they need it or who live through to the end and experience great pain as a result.

Friday's decision makes us hopeful that tragedies like these will soon become a thing of the past.

One of our supporters had terminal cancer and spoke about how she envied her cat, Sparky. She knew that if Sparky was experiencing great suffering, a vet would help Sparky die in her arms. All she wanted was to have the same choice for herself.

Friday's judgment came too late for her. But others will soon have that choice.

The court has given policy-makers a year to put new rules in place. Soon, there will be an alternative for individuals facing chronic, intolerable suffering at end of life.

At DWD Canada, we've always believed the evidence from other countries that shows we can provide choice to the dying and protect our weakest and most vulnerable citizens. The Supreme Court has given Canadians choice; now, we must stand guard to make sure necessary safeguards are put in place.

Life is precious, and very few of us would want to shorten our lives by even a single day.

But now, Canadians have the peace of mind that comes from knowing that if the worst comes to the worst, they'll have a last possible alternative.

Wanda Morris is the CEO of Dying With Dignity Canada.

DECISION AS IT STANDS IS DANGEROUS

DEAN RICHERT
readers@metronews.ca

On Friday, the Supreme Court of Canada struck down the law prohibiting physician-assisted suicide.

The decision as it stands creates the potential for the most permissive and least restrictive criteria for assisted suicide in the world, putting persons with disabilities at serious risk.

It is extremely troubling for people with disabilities and their communities to see the court's inclusion of "disability" as a possible "grievous and irremediable medical condition."

The court left it open as to which types of disability are included and which are excluded. Who is to decide what disability is a grievous and irremediable medical condition?

Note that the Court did not say that asking a doctor to help you die is restricted to someone diagnosed with a terminal illness who will die within six months, as is required in the states of Washington and Oregon. Instead, it allows assisted suicide on the basis of physical or psychological suffering. This places people with serious mental-health issues at risk, as well as people who have not yet come to grips with their disability.

Further, the ruling does not adequately address the issue of coercion.

Will a person's wish to die be manipulated in any way? What is the process for discovering such coercion? Seeking consent to help someone commit suicide is complex and fraught with uncertainty.

The Council of Canadians with Disabilities is calling on Parliament to place crucial safeguards on the Court's judgment to limit access to assisted suicide. People with disabilities and their organizations must be included in this process precisely because the impact of this ruling can lead perilously close to a "better to be dead than a burden" mentality.

Dean Richert is chair of the Ending of Life Ethics Committee for the Council of Canadians with Disabilities.

metro

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Amber Heard and Johnny Depp ALL PHOTOS: GETTY IMAGES

One wedding isn't enough for Johnny Depp and Amber Heard

Johnny Depp and Amber Heard are, like, extra married now.

After blindsiding gossipmongers last week with a surprise knot-tying in L.A., the happy couple headed down to the Bahamas as planned for a lavish, intimate ceremony on Depp's own island, Little Hall's Pond Cay.

Photos of the island over the weekend showed a lovely canopy set up on one of the island's several beaches, along with 24 chairs.

"Amber did her own hair and makeup, and Johnny was as laid-back as usual. But there has been a genuine glow about them since Wednesday, when they officially became man and wife," a source tells the Sunday Express.

"They wanted to do it all again on the beach and … (celebrate) with friends, because they love the island and want it to be a continuing part of their lives together."

It's unclear which beach the ceremony took place at, but one of the islands is named after Depp's ex-partner, Vanessa Paradis.

Going to go out on a limb and guess it wasn't that one.

Soup for you, Jennifer Lawrence

Jennifer Lawrence is now getting unsolicited help in her campaign to be the most down-to-earth star on the planet. While celebrity chef Wolfgang Puck was giving a preview of his annual post-Oscars Governors Ball menu, he couldn't help offering up a side of charming J.Law anecdote. "She didn't know who I was," Puck remembers of the 2013 gala, after Lawrence won her Best Actress trophy. "Her publicist said, 'That's Wolfgang Puck.' She says, 'Oh my God, I eat his canned soup all the time!' I thought that was very funny." And charming!

Jennifer Lawrence

Everything isn't awesome for the Lego Movie directors, who were passed over for an Oscar nomination. CONTRIBUTED

Lego Movie directors are still mad at Academy

Crowd-pleaser The Lego Movie took home a BAFTA this weekend for Best Animated Film, but that apparently doesn't quite wash away the slight of being passed over for an Oscar nomination. While accepting their award in London, co-directors Phil Lord and Chris Miller didn't let the opportunity pass to make a dig at the Hollywood elite who left them out of the big show. "You are our favourite Academy by far," Lord said from the BAFTA stage. "You guys win the award for best Academy. This is the end of the awards road for us, so we can say whatever we want. There's no one left to impress."

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Nathan Sykes says his relationship with Ariana Grande was his "first grown-up relationship." GETTY IMAGES

Nathan Sykes uses Grande heartbreak to make music

Interview. Former member of The Wanted opens up about his breakup with singer Ariana Grande

Ariana Grande may be happily in love with Big Sean, but before things heated up with her Right There collaborator, she dated The Wanted (remember them?) band member Nathan Sykes. Now that The Wanted are broken up, Sykes has been in the studio recording some solo songs, and one in particular is about his famous ex.

"The most emotional song is about me telling myself not to be angry about the breakup because sometimes things just don't work out," he tells The Sun. And he didn't hold back revealing more details about their breakup to the paper: "The time we broke up was really tough. The Wanted decided to take a break and I lost my granddad. I was not in the best place. She was my first grown-up relationship. But sometimes you have to go into a place like that to be able to find the best music out of it."

EMILY LAURENCE/METRO IN NEW YORK

Music business

Where to flow those streams of gold?

SOUND CHECK
Alan Cross
scene@metronews.ca

Artists should be looking to their record labels before complaining about streaming money. ISTOCK

It's not quite the garbage anti-vaccine whackos are spreading, but much of what's being reported on the payouts made by streaming music services — Spotify, Rdio, Deezer, YouTube and so on — is pretty ridiculous.

You've probably heard stories about artists who receive royalty cheque pittances despite having their songs streamed hundreds of thousands if not millions of times. It seems obscenely unfair. But wait.

First, music streams cannot be equated with music sales. Streams are occasions of individual listens. Artists are paid according to the exact number of people who listen to a given song whenever an individual selects it to be played. That payment is fraction of a cent — but it's still something for each and every play a song gets. Compare this to listening to a song on the radio. Radio stations pay a series of fees for the privilege of playing music as part of their business. Those fees are based on a percentage of the pre-tax gross ad revenue of the station. The more the station makes, the more it pays out to artists and composers. Hundreds of thousands of people may hear a song when it's played on the air one time. And guess what each play is worth? A fraction of a cent.

So if you're going to compare streaming payments to anything, it should be to what artists get for radio airplay, *not* revenues from sales.

Next, consider how streaming fees are set. Record labels, music publishers and music collectives — the people expected to have the artists' interests front-and-centre — negotiate with streaming services over rates. From there, it goes to the Copyright Board for a definitive ruling. Streaming services aren't just being arbitrarily stingy; they're told what to pay.

Finally, let's look at how these payments are divided up. A recent audit of Deezer in France looked at where the company's payments go. Post-tax, out of each 10-euro monthly subscription rate, 11 per cent goes to the artists, 16 per cent to the writers/publishers and 73 per cent to the major labels. Huh.

It's not clear if similar splits exist in other territories because the payout process is opaque. But if it is, then artists' beefs over streaming payouts are not with Spotify, Rdio, et al. It's with the labels and people who are supposed to be looking out for them.

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Instead of your sweating off those extra pounds with hundreds of crunches, neurons could do some of the work to create energy-burning 'good' fat. ISTOCK

Burn starts in brain

Weight loss. Brains rather than brawn could hold the key to staying thin, research shows

The brain could be a powerful fat-burning tool, say scientists at Monash University in Melbourne who discovered that two naturally occurring hormones interact to convert energy-storing white fat into energy-burning, "good" brown fat.

"Turning white fat into brown fat is a very exciting new approach to developing weight-loss agents," says lead author Professor Tony Tiganis from the Department of Biochemistry and Molecular Biology. "Eventually, we think we may be able to help people lose weight by targeting these two enzymes."

One of the enzymes, leptin, is an appetite suppressant that's generated in fat cells and the other is insulin, which comes from the pancreas when levels of glucose in the blood start to rise.

Professor Tiganis' research shows that the two hormones act together and persuade a group of neurons — called proopiomelanocortin (POMC) neurons — in the brain to convert the fat from white to brown, thereby igniting the fat-burning process.

"These hormones give the brain a comprehensive picture of the fatness of the body," says Professor Tiganis. "Because leptin is produced by fat cells, it measures the level of existing fat reserves — the more fat, the more leptin. Whereas insulin provides a measure of future fat reserves because glucose levels rise when we eat."

If all this has you wondering why you can't just think your way skinny, chances are enzymes called phosphatases that inhibit the actions of leptin and insulin could be working against you.

Professor Tiganis' team found that when phosphatases were reduced, more brown fat was created and more fat was burned.

Don't give up your diet or relinquish your gym membership just yet: Professor Tiganis says any potential therapy based on his team's research is still a long way off.

Brown fat cells, also called adipocytes, occur most densely around the neck and shoulders, according to the researchers, whose study was published in the journal Cell.

That white adipocytes can be converted to brown has been suggested by several studies revealing a variety of methods to do so.

For example, a study at Maastricht University Medical Centre in the Netherlands says it's possible to create brown fat by keeping your surroundings cool, while another published in the journal Cell Press indicates that Mirabegron, a drug normally used to treat an overactive bladder, could also do the job. AFP

Tips

Save on gym memberships

Max out trials
Finding the right gym fit is key. A great way to check out classes, instructors or an overall environment is to take advantage of freebies. Money-saving expert Andrea Woroch in Bakersfield, Calif., said many gyms offer up to a full week free. Salespeople may try to entice during trial periods with limited-time discounts, but don't bite if it doesn't feel right. Move on to another gym until you find the right one. "You want to test out the equipment, go at the time that you typically think will fit into your schedule, whether it's after work, at lunch. See what the crowds are like," she said.

Try haggling
Think of signing up for a gym membership the same way you would buy a car, Woroch said. Salespeople have quotas and that puts you in the driver's seat. Perhaps you can score a lower monthly rate or have the initiation fee waived. Ask for the first month free, more guest passes, extra personal training sessions or complementary child care. "There's always wiggle room," she said.

Coupons, warehouse clubs and daily deals
Look around. Sites like Groupon and LivingSocial often offer deep discounts of up to 70 per cent on local gym memberships and personal training.

THE ASSOCIATED PRESS

Right now, they're working hard to research potential treatment for future patients with diabetes here, and throughout the world…

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We are looking for people between 18 and 65 years of age with Type 1 Diabetes to take part in a new clinical research study.

The INSTRIDE Studies are looking to see how well an investigational insulin works to control blood sugar levels. The investigational insulin has been designed to be as similar as possible to insulin glargine (Lantus), which has helped many people with diabetes worldwide. However, the investigational insulin may provide a more affordable treatment option that could benefit many more people.

The study will last for 66 weeks with 22 study visits (six of these may be conducted by telephone rather than at the study center).
All study medication and study-related healthcare will be provided at no cost to you.

You may be able to take part if you have been taking Lantus for at least 3 months.

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By email: jaydin.ers@shaw.ca
or please call (604) 602-1011

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DIVERSEcity, partnered with Vancity credit union, is offering several microloan products to assist immigrants who are ineligible for traditional credit to achieve their professional goals in Canada. The loan ranges from $500-$7500 and offers a flexible schedule to help individuals to repay the loan at an affordable amount.

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metro

Longing for a bit of sunshine? Boil up a Caribbean specialty

Dinner. Whitefish, onions, carrots and a surprising ingredient make for a fast meal

This cheap, fast meal has all the flavour of the Caribbean but none of the cost of the flight. Boiled green bananas are a local specialty that replace potatoes as a side dish.

Ingredients

- 1 teaspoon salt
- 2 whole onions
- 4 small green bananas
- 4 carrots
- 1 tbsp butter
- 2 cloves garlic
- Salt and pepper, to taste
- 4 small whitefish fillets

Directions

1. Bring a large pot of water to the boil with salt. Cut onions into rings and add to the water, cover and simmer while you peel the bananas and carrots. (To peel green bananas, cut off both ends, score the length of the skin and remove in pieces.) Slice carrots into thick rounds and bananas into 3-4 pieces. Add to boiling water and cover for 20 minutes to simmer.

2. Meanwhile, heat skillet and add butter and garlic. Salt and pepper the fish and add to the pan when it is sizzling. Flip once and cook through for 6-10 minutes.

3. Drain water and serve bananas, carrots and onions with fish over top.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

This recipe for Boiled Green Banana Dinner serves four. THERESA ALBERT

Theresa's tips

Benefits of a delicious new savoury starch

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Move over potatoes, bananas are the new side dish. On a recent trip to the Dominican Republic, I tried a Caribbean specialty of boiled banana and onions. Turns out that green bananas are used as a savoury starch and they are quite delicious. Green bananas:

- Contain more resistant starch than yellow, which means that they are slower to digest and won't cause a blood sugar spike.
- Are lower in simple sugar than yellow bananas.
- Are a resistant starch that makes you feel fuller over the day.
- Feed the probiotics (good bacteria) in your gut.
- Contain all of the nutrients of yellow banana especially potassium, magnesium, B6 and vitamin C.

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Making a romantic connection without the use of a keyboard

Dating. Four experts weigh in on how to engage authentically in a modern world

STEPHANIE ORFORD
for Metro

A comment about the weather is a good way to start up a conversation, says etiquette expert Charles MacPherson. But if you get a one-word answer, it's best to move on. ISTOCK

Thanks to the Internet, there's no shortage of ways to connect with someone: dating apps, websites and matchmaking services are ubiquitous and anyone who can swipe right can get a date for Saturday night.

But you can still find yourself next to an attractive stranger on a bus, or in the supermarket, wishing you knew what to say to get their attention — and affection.

Technology has been trying to bridge the gap. The new app Somebody, by writer-filmmaker Miranda July, lets users enlist a stranger to deliver their message; and ShoutzApp, based in Toronto and designed for transit users, allows people in the same vicinity to have anonymous conversations.

But when apps are being created to get us talking to the people right in front of us, it's easy to think we've forgotten how to meet in the real world.

Instead of rushing home to post a Craigslist missed connection, we've asked four experts to give us their best advice.

Personal stylist: Wear your confidence

Patricia Trépanier

Like it or not, your image is key to attracting the right person, says Patricia Trépanier, a personal fashion stylist based in Montreal.

"When you feel confident in your clothes, people start noticing you more," says Trépanier. "It shows in your posture."

She suggests wearing clothes that fit well and suit your physique, polishing your shoes (no square-toed shoes!) and staying away from logos, quotes or brand names. For men, err on the side of classy, and wear a blazer you can take off if you end up in a more casual setting.

And remember, your appearance is an indicator of your interests, values and habits.

"If you neglect your personal image, it shows that you may also neglect other aspects of your life," says Trépanier.

Speed-dating host: Be honest

When you're approaching someone for the first time in real life, "I would recommend losing the pickup lines," says Nadia Marchant, representative of Vancouver-based speed-dating service FastLife Media.

Nadia Marchant

She says trying new activities — like speed dating — might feel ridiculous and awkward, but the such real-life experiences can be electric. Meeting in person allows people to "feel instant chemistry face-to-face," she says.

But chemistry isn't enough, so when it comes to striking up that first conversation Marchant suggests just being honest.

"Be sincere, be yourself, show confidence and just genuinely communicating the reason why you're approaching someone," she says.

She also recommends trying something physically active, like hiking or bike riding, as they're more conducive to natural conversation and maybe some laughter and silliness.

Bartender: Reveal your quirks slowly

Meeting someone at a bar might seem cliché, but sometimes it works, says Lauren Mote, bar manager of UVA Wine & Cocktail Bar in Vancouver.

Whether you're at a bar or a bus stop, the courtship dance starts with a smile.

Lauren Mote

"If they smile back, maybe you've got a shot. Offer to buy them a drink," Mote recommends, recalling an encounter she witnessed where two patrons arrived separately, struck up a conversation, left together and returned a little dishevelled. They've been frequenting the bar as a couple ever since.

Honesty is a good policy, but Mote recommends knowing when to hold back.

"Get to know someone first before you unload all your proclivities," she says.

Etiquette expert: Court with courtesy

No matter the romantic circumstances, basic human decency goes a long way, says etiquette expert Charles MacPherson.

If you'd like to strike up a conversation with a hot guy or girl on the street, "first read the body language of the person and see if they are approachable," MacPherson advises.

He says an open posture can include looking into your eyes and leaning towards you. In a closed posture, they may have their arms crossed, be facing away from you or looking at other things.

Charles MacPherson

If they do seem approachable, "start a conversation about the weather, how long it always takes for this bus, and if the person is receptive, start having a 'normal' fun conversation. If the person is not receptive and gives one-word answers, perhaps it's best to move on."

The care and consideration you show speak volumes about you, he says.

"Kindness and graciousness are always in style."

Love notes

Taking your online love offline

Michael Harris

For online daters, bring your courtship into the real world as soon as possible, recommends Michael Harris, author of The End of Absence: Reclaiming What We've Lost in a World of Constant Connection.

"It's wise to arrange a quick cocktail as a first date, even if you feel like your online messaging has brought you closer than that," advises Harris.

He says the problem is that online crushes can be dangerously unrealistic. The major problem lies in the shock and disappointment you feel when the digital relationship ends, and the prospective partner doesn't perfectly mirror their online persona.

"The living person you meet may bear little resemblance to the fictitious person you've crafted in your head," says Harris. "The sound of our voices, the smell of our bodies, the little details of our postures and mannerisms are going to be utterly surprising."

He says the longer you wait to meet an online love connection in person, the bigger the letdown when your interaction doesn't match what you'd imagined.

"The joy of finding love in the 21st century is the fact that lots of dating taboos have fallen away and there's no 'correct' way to meet someone anymore," says Harris. "But this also means it's up to us to choose and be active, precisely because there is no automatic prescription."

STEPHANIE ORFORD/FOR METRO

WHL

Giants hold off Thunderbirds

Tyler Benson's breakaway goal was the difference in the Vancouver Giants' 5-4 win over the Seattle Thunderbirds on Monday afternoon.

The Family Day tilt provided some fireworks of its own early on.

Less than 30 seconds into the game, the biggest players on the ice went toe-to-toe. Vancouver's six-foot-five defenceman Mason Geertsen fought with Thunderbirds defenceman Jared Hauf — also six-foot-five — and both got their fair share of shots in.

In a first period dominated by Seattle penalties, Vancouver peppered opposing goaltender Logan Flodell with 16 shots, but couldn't get anything by him.

It wasn't until 8:44 of the second period that the two teams were able to break through, as Seattle's Lane Pederson buried the puck short side off a 2-on-1 rush. After Vancouver's Jackson Houck tied the game, Jakob Stukel gave the Giants their first lead.

After trading the next five goals in the third period, Benson was able to put an end to the madness when he was sent in all alone, ripping one top corner.

"We found a way," said head coach Claude Noel.

"He's (Benson) just a really good player. He plays the game to win and he finds a way to get it done."

With the win, the Giants remain a point behind the Kamloops Blazers for third position in the B.C. Division.

RYAN LEHAL/FOR METRO

Wild centre Jordan Schroeder scores on Canucks goalie Ryan Miller in St. Paul, Minn., Monday. ANN HEISENFELT/THE ASSOCIATED PRESS

Wild chase Miller for 6th straight win

NHL. Dubnyk 8-1-1 since joining Minnesota

Jason Pominville and Ryan Suter scored power-play goals, and Devan Dubnyk earned another victory in net, guiding the Minnesota Wild past the Vancouver Canucks 5-3 on Monday night for their sixth straight win in regulation.

Jordan Schroeder got his first goal with the Wild, against the team that drafted him, and Nino Niederreiter and Kyle Brodziak also scored to send Canucks goalie Ryan Miller to an early exit midway through the second period.

On Monday

Wild	Canucks
5	3

The Wild improved to 8-1-1 in their last 10 games, all with Dubnyk in goal since his arrival in a trade. They moved within three points of the cut for the second wild-card spot in the Western Conference, against which they are 17-10-4 with seven consecutive victories.

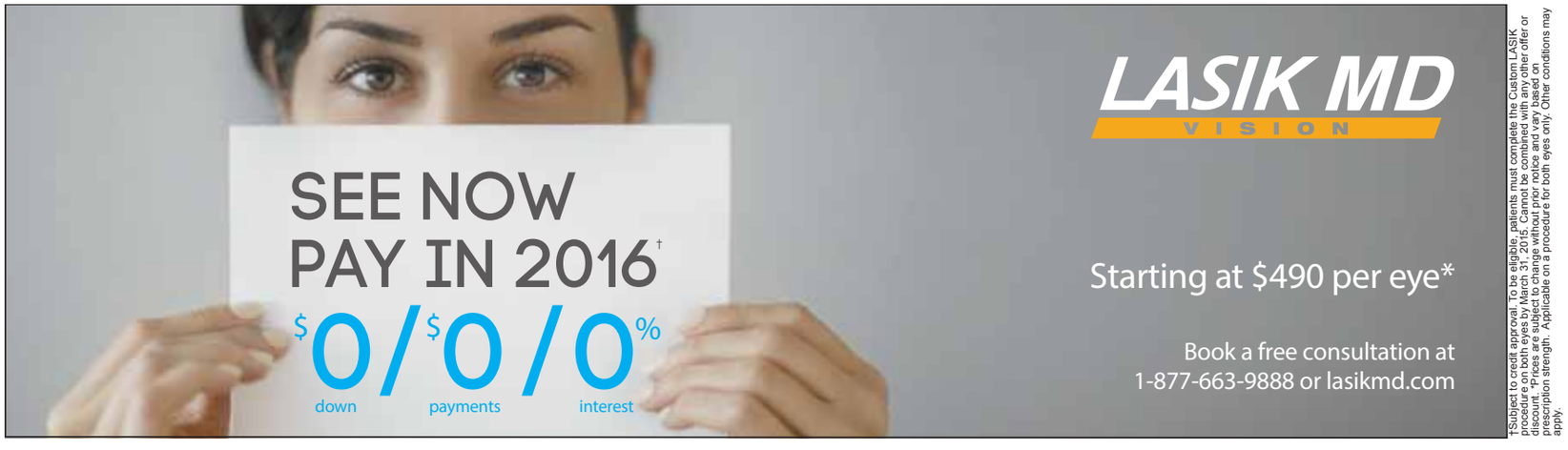
Zack Kassian, Shawn Matthias and Ryan Stanton scored goals and Dan Hamhuis had two assists for the Canucks.

Vancouver fell behind 2-0 less than eight minutes in and never recovered despite hitting a post with shots in each of the first two periods. The Canucks have lost five of eight.

Eddie Lack relieved Miller after Brodziak one-timed a pass from Jared Spurgeon for a 5-2 lead less than eight minutes into the second period. Miller was coming off a 31-save shutout against Pittsburgh on Saturday, one of Vancouver's most well-rounded performances in a while, but this was his fifth loss in seven starts. Miller stopped 13 shots.

THE ASSOCIATED PRESS

4 SPORTS



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NFL. Seahawks replace Quinn with Kris Richard

Kris Richard has been promoted to defensive co-ordinator for the Seattle Seahawks, replacing Dan Quinn, who took over as head coach in Atlanta.

The Seahawks announced Richard's promotion Monday. Richard seemed to be the likely candidate to replace Quinn all along, and that became even more apparent after Ken Norton Jr. left the Seahawks' defensive staff last week to become the defensive co-ordinator in Oakland.

Richard, 35, spent two seasons as a graduate assistant at Southern Cal on Carroll's staff before following him to Seattle. THE ASSOCIATED PRESS

Quoted

Richard has been with the Seahawks since Pete Carroll's arrival as head coach in 2010, first as an assistant defensive backs coach. Since 2012, Richard has been the head defensive backs coach, helping develop the "Legion of Boom" secondary featuring All-Pros Earl Thomas and Richard Sherman.

MLS

"I think at this point a strike is imminent if we don't get what we want. And that's kind of where we stand."

Seattle Sounders players' union representative Brad Evans. Evans acknowledged that the talks over the new CBA would likely come down to the last minute and push up against the start of the MLS regular season on March 6.

NBA

Hawks on pace, beat T-Wolves

Al Horford scored a season-high 28 points and grabbed eight rebounds, and DeMarre Carroll added a career-best 26 points to lift the Atlanta Hawks to a 117-105 win over the Minnesota Timberwolves on Monday night.

Paul Millsap had 19 points, nine rebounds and seven assists for the Hawks (43-10), who bounced back from a loss to Memphis the previous night. The NBA-leading Hawks still have not lost back-to-back games since Nov. 18. THE ASSOCIATED PRESS

MMA. Silva pulled from The Ultimate Fighter show

The UFC has pulled Anderson Silva from The Ultimate Fighter Brazil 4 at the request of the Nevada State Athletic Commission.

The former UFC middleweight champion tested positive for two steroids in a January out-of-competition test.

In a statement last week, the UFC said Silva, who has denied cheating, would continue in his role as coach on the reality TV show. But it subsequently changed its mind.

The 39-year-old Silva is suspended pending a Nevada commission meeting. THE CANADIAN PRESS

Anderson Silva GETTY IMAGES

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AUGMENTED REALITY

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't try too hard to prove yourself to people who you do not respect. You are under no obligation to even to acknowledge their existence.

♉ Taurus
April 21 - May 21
You have set your heart on something and you intend to see it through, no matter what the critics might say. So what are you waiting for?

♊ Gemini
May 22 - June 21
Someone in a position of authority will be rather critical of your work but don't lose heart. They think you could do with a little push to get you going. They could be right.

♋ Cancer
June 22 - July 23
No matter what negative things may happen you must laugh at them long and loud. If you look on the dark side, you will only make matters worse. Think yourself happy.

♌ Leo
July 24 - Aug. 23
Make a real effort to focus only on the facts today. Take advice with a large pinch of salt, especially when it's your money they are talking about.

♍ Virgo
Aug. 24 - Sept. 23
Push ahead with your number one plan, no matter how many people say you must be either mad or bad. They are scared you will show them up — and they're right, you will.

♎ Libra
Sept. 24 - Oct. 23
Don't blame yourself unduly for some kind of mistake — either it wasn't your fault at all or it was the kind of thing that can happen to anyone.

♏ Scorpio
Oct. 24 - Nov. 22
You will have to seek assistance from people whose knowledge is superior to your own. You can carry on alone but it won't be long before you need help.

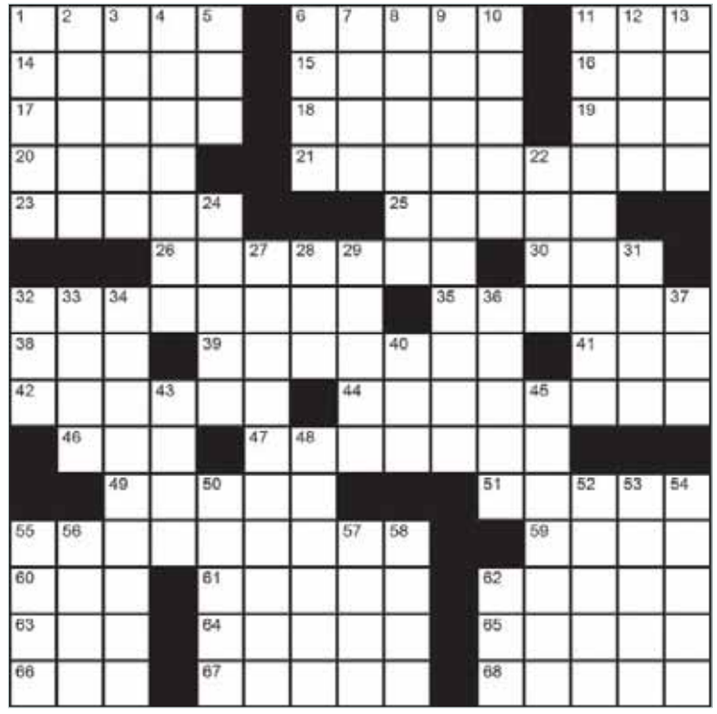
♐ Sagittarius
Nov. 23 - Dec. 21
Someone will be hard to pin down but before you get angry consider it may be what they want you to do. If you lose your temper it will just make them look good.

♑ Capricorn
Dec. 22 - Jan. 20
You may find it hard to get a straight answer from someone but you don't need their input, still less their permission, so stop trying to be so polite.

♒ Aquarius
Jan. 21 - Feb. 19
Someone's dishonesty may shock you but you only have yourself to blame. The signs have been there but you chose to ignore them. Now what are you going to do about it?

♓ Pisces
Feb. 20 - March 20
Someone will be vocal in their criticism of you but they mean well. Listen to what they have to say and accept that at least some their criticisms are valid.

Crossword: Canada Across and Down by Kelly Ann Buchanan



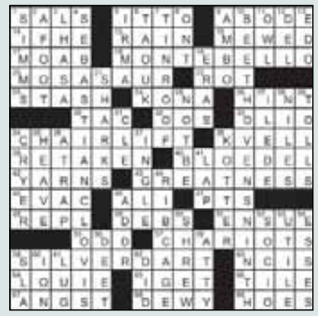
Across

1. Twin brothers Daniel or Henrik of the Vancouver Canucks
6. Dad's dad
11. Commonly, poetically
14. Reflection
15. Madagascar animal
16. Ms. Bainter of "Jezebel" (1938)
17. Leonard of "Star Trek"
18. Total eclipse phenomenon
19. Certain conifer
20. Above
21. Quebec meat pie
23. All that glisters __ __ gold
25. Bit of Elton John's "Your Song": "I __ __ the roof..."
26. Ill-tempered
30. 'The Finals' org.
32. "Fantasy Island" boss: 2 wds.
35. Takes one's turn at trying: 3 wds.
38. "C'est la __!"
39. Circus barkers
41. Director's "Stop!"
42. Fruitlessly: 2 wds.
44. Quick-photos-messaging app
46. Ms. McGillis, to pals
47. Beast slain by Beowulf
49. Mr. LeBlanc, Governor General of Canada from 1995 to 1999
51. Bard's below
55. __ Arc (Circular formation on the Quebec side of Hudson Bay)
59. Mystique
60. The Monkees hit: "___ Believer"
61. Pine tree stuff
62. Anesthetized
63. Zero
64. Succeed at being annoying: 2 wds.
65. Entreaties
66. Burdened beast
67. Actress Elizabeth
68. New Wave music instr.

Down

1. Mount of the Bible
2. Gives off
3. Matt of movies
4. Storied monster of Lake Simcoe in southern Ontario
5. Napoleonic Wars marshal
6. Feed fully
7. San __, Italy
8. Surprise attack
9. British singer of "One Night in Bangkok": 2 wds.
10. __ & Whitney Canada (Aircraft engine company)
11. "Caline de Doux Blues" Quebec band
12. Honest
13. Pericles, Prince of __
22. They're electrically charged
24. Ms. Bingham of "Baywatch"
27. Zest-in-a-recipe source: 2 wds.
28. Kiev's li'l land
29. Burn a fragrant stick
31. Madrid 'water'
32. 1006 in ancient Rome
33. Hockey arena area
34. Changed decisions
36. __, Colorado
37. Senators, on scoreboards
40. Bed-and-Breakfast
43. Many: 2 wds.
45. In a hitch-free way
48. Hen hangouts
50. Bette's "All About Eve" (1950) role
52. Pulitzer-winning poet W.H.
53. Mr. Williams of "Hair" (1979)
54. Severe
55. Canadian actress Ms. Dobrev
56. "Titanic" (1997) actress Suzy
57. Tailed toy
58. __. donor (Unknown benefactor)
62. Sit-__ (Exercises)

Friday's Crossword

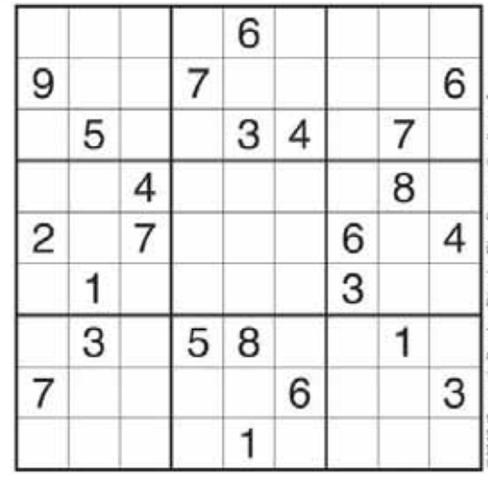


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Friday's Sudoku

1	6	5	7	8	3	2	4	9
3	8	2	9	5	4	7	6	1
4	9	7	1	2	6	8	3	5
2	5	4	3	6	8	1	9	7
7	3	9	2	4	1	6	5	8
6	1	8	5	9	7	4	2	3
9	2	1	6	7	5	3	8	4
8	7	6	4	3	9	5	1	2
5	4	3	8	1	2	9	7	6

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